INSTRUCTIONS FOLLOWING HAIR TRANSPLANTION

Patient: _____ Date: _____

1st Shampoo Appointment: _____

Suture Removal Appointment: _____

3 Month Follow Up Appointment:----------

❖

❖ **ICE COMPRESSES**

Apply an ice bag to either the temples, back of neck, or the space between eyebrows and dressing (**NOT** on the grafts) upon arrival at home or room for 20 minutes on, 20 minutes off, alternating, until going to bed. This will help minimize swelling which may occur for up to 4 days. Cover the ice bag with a cloth. Use ice packs as often as practical for the next 4 days.

❖ **SLEEPING**

For the next 4 nights, sleep with your head flat using 1 pillow. You may sleep on your back. We provide you with a neck pillow also, to help you stay as comfortable as possible.

❖ **VICODIN** (Hydrocodone)

Even if you have not had discomfort, take **2** before going to bed. Take **1 - 2** every 3 - 4 hours for discomfort as needed until gone. May cause drowsiness. Avoid Alcohol. Do not operate a vehicle or any machinery.

❖ **RESTORIL** (Temazepam)

4 tablets: Take **one** at bedtime, if desired, for sleep. May be taken with pain medications.

❖ MINOXIDIL

Apply twice daily on the grafts, starting 48 hours after procedure.

For first 3 days following hair transplant procedure:
No Alcohol
No Vitamin E
No Asprin

HAIR WASHING AND AFTER CARE

A. POUR CUP METHOD

(Begin second day after procedure)

Fill a large pitcher or a large cup (approximately 32 oz.). Using warm water, mix in well -one tablespoonful of Graftcyte shampoo. With head tilted back over sink, pour gently over grafts. Follow with clear water in cup, and pour gently over graft area to rinse.

Follow the same instructions as above for Graftcyte conditioner. Gently blot dry the HT area with towel, while observing in a mirror. You may wash the donor area (suture line) and remainder of scalp with gentle rubbing. It is important to keep the suture line very clean.

Blow dry hair if desired, with blow dryer on very low or no heat and comb or brush gently. You may use conditioner, mousse, styling glaze-gel, and very lightly use hair spray avoiding the HT's.

*Use this method of shampooing and conditioning for **10 days**. After 10 days, you may begin to gently shampoo as you normally would.

B. WASHCLOTH METHOD- (Alternative to Pour Cup Method)

(Begin second day after procedure)

Saturate **2** wash cloths with water and wring out moderately. Pour a puddle of shampoo in the palm of your hand and apply by gently patting on HT area while observing in a mirror.

Layer the **2** wash cloths over HT area and top of head. Stand in the shower and allow shower to strike washcloth until no shampoo is seen in water washing off. Gently apply conditioner after shampooing. Leave in for **2 minutes**, and wash the same way as above. Gently blot dry the HT area with towel, while observing in a mirror.

You may wash the donor area and remainder of scalp with gentle rubbing.

-Use this technique for **10 days.**

❖ ACTIVITY LEVEL

For 4 days following HT procedure, avoid any moderate to heavy exercise. Avoid straining by keeping activity minimal to avoid internal pressure on grafts.

For day 5-7, you may do 30% of your normal routine. **NO BENCH PRESSES, SQUATS, DEAD LIFTS for 2 weeks.**
From day 7-14, you may do 70% of your usual routine. **USE COMMON SENSE.**
NO GOLF FOR 7 DAYS
NO SWIMMING FOR 1 MONTH

❖ CRUST REMOVAL

Using the above technique crusts generally are gone by 10 - 14 days. Remember that when a crust comes off more often than not, the hair shaft of the transplanted hair usually comes with it. **(THIS IS NORMAL)**

For the next 3 months, if you are going to be in the sun for more than 5 minutes, wear a hat or use sunscreen.
If you have questions or perceived problems, PLEASE call the office.

EMERGENCY ONLY: